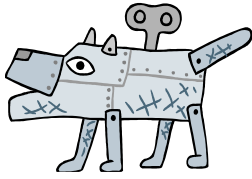


## Dog Spit and Asthma



Asthma is a lung disease that causes airways to swell and narrow and make breathing difficult. It cannot be cured, but can be controlled with medication. In addition to using medications to reduce swelling in the airways, you can help control asthma by identifying what triggers cause

asthma attacks. These are not the same for everyone so it is important to notice when asthma symptoms such as wheezing or coughing occur. A common asthma trigger is a household furry or feathered pet. Dried saliva and proteins in animal hair and skin mingle with house dust and can stimulate asthma symptoms even if you don't touch the animal. Other common asthma triggers include:

### Indoors:

- Dust or mold
- Cockroach droppings and remains
- Vacuum cleaning
- Strong odors such as perfumes, hairsprays and paint

### Outdoors:

- Pollen and dust
- Cold air and windy days
- Air pollution

**Tobacco Smoke:** smoking and second hand smoke significantly increase the chance of worsening asthma

### Other Triggers:

- Colds or Flu
- Food Sensitivities from additives and preservatives
- Exercise / Sports: people with asthma should be able to be active without symptoms but exercise may trigger asthma

Your CIGNA Benefits include the Well Aware Program for Better Health Asthma Program®. If you or a family member has been diagnosed with asthma, call 1-800-894-0086 to enroll in this program and receive information and resources about this condition.

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